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MADRAS

GOOD HEALTH AND DENTAL WELFARE

A monthly Journal in English for the " Care " of Body & Teeth

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Health Week—City and Moffusil.

"Better late than never." At long last, the State, the Local Bodies, the Municipalities and the Health Department have been roused into action by the increasing *Ill-health*, *Infantile Mortality* and *Maternity Deaths*. Though "Law and Order" and the Administration of "Justice" are the primary functions of a state, the safeguarding of the Health of the Ruled must be the equally important duty of the Ruler. The State, which has been thinking "Hospitals and Dispensaries" as the be all and end all of its "medical relief" policy, has now realised that *Prevention* is Better than *Cure* and ushered in under demi-official auspices this yearly celebration of *National Health Week & Baby Show*, adding gilt and glamour so as to attract and inculcate *Preventive* measures into the minds of the deteriorating Masses. The Sanitarians and Hygienists, impressed with the necessity of a Mohammed going to the Mountain, have created this opportunity to spread their knowledge to the obdurate public, who in copying wholesale from the west have been sinning against Health and Hygienic Laws. Health Week Committees having put forth their best in this philanthrophic work, the celebrations in the city and Province of Madras have been a success; and the organizers are justly proud that they have taken the horse to the water, and expect it to drink sooner or later.

All honour and glory to H. E. Lady Reading for having ushered in this philanthrophic attempt to better the state of health and welfare of women and children of India and all credit to the organisers in India and Burma who have been

celebrating it with a religious and dutiful fervour. The Hindu "Law" giver, *Manu*, knowing full well the frailty of the human will in matters like the observance of Health Rules, straight off put the stamp of "Religion" upon them by reducing them into "Shastraic" Injunctions. The fortnightly "stock-taking and indenting" for health by "fasting" was regarded as part and parcel of one's religion and its non-observance a sin against body as well as soul. Again various dietetic restrictions were enjoined on the different sects and communities of the Hindu according to their professions or calling, the daily labourer being allowed to have a free hand in his manner of living, eating and drinking. Early rising, brushing of teeth with medicinal twigs, morning bath and exercise of breath and brain, cleanliness of body, mind and actions, respect and reverence to the Gods of the elements, earth, air, water, sun and ether were among the duties (Dharma) enjoined upon the "higher castes" to safeguard their health and energy by "courting" the natural influences, which to the labourer in the field come as a matter of course.

But the irresistible current of present-day civilization has displaced the old order of "plain living and high thinking" and has given rise to a new order of "high living" and "no thinking." Men have ceased to think for themselves, or to be guided by the truly wise; the sensational "News" paper and the sensual cinema are the guiding agencies for the materialistic world. Hence, a spectacular and pompous demonstration such as that of the Health Week appeals most to the modern taste and fancy, combining, as it does, education with recreation, and tuition with pastime.

MADRAS HEALTH SHOW.

The Madras Health Show was an ideal in this respect. The Exhibition was got up on a large scale in the S. I. A. A. Grounds, covering five or six acres of the enclosures thereby lending it all the glamour and enchantment of a Christmas "Park Fair". There was no dearth of visitors, man, woman or child, and it became a problem how to let in and let out the unmanageable crowd, not to speak of the utter impossibility of explaining the meaning and moral of the exhibits.

THE CHILD AND MATERNITY SECTION.

The Government Hospital for women and children was responsible for this section occupying half the area of the Exhibition grounds. No pains were spared to create a Hospital atmosphere, and remove the bogey that is ascribed to it. A dozen tents had been pitched, each under the charge of a hospitable nurse, explaining the ways and means of the care of the sick and the pregnant. The midwife was there to show by contrast the methods of hygienic hospital delivery, as well as to teach useful and preventive measures as how best and easy to take care of the eyes of the new-born babe who stands a chance of risking its eye in its passage to the world. The dread of surgical interference in cases where Nature is in need of

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such help, was greatly removed by the cleanliness, asepsis, and the motherly care evinced in the exhibited surgical theatre, thereby bringing home to the masses that more people die of fear than of disease.

HEALTH EXHIBITION

The Health Exhibition proper got up by the City Health Department was unique in being exhaustive and miscellaneous, the Exhibits consisting of pictures, photos, models of everything connected with diseases, hygienic laws, drainage and sewerage systems, water and milk supply schemes, ventilated and ill-ventilated houses, restaurants, schools, paricheris, as well as dead and preserved reptiles, insects, rats, mosquitoes and the like. The Exhibition was rather a gigantic affair requiring hours if not days for one to read, not to say study or understand it.

DENTAL EXHIBITION

The Dental Welfare Exhibition housed in a separate stall drew large sections of the spectators anxious to hear the "Tale of the Tooth" and the cure for the ache. But where fashionable tooth-powders, pastes and tooth ache drops were looked for, the eager visitors were surprised to find that the Dental Welfare Exhibition aimed more at "saving" the tooth of the nation than "drugging" it when it aches. "Begin from the beginning" (care of the pregnant woman), "Breast milk is the birth-right of the baby" (Breast-feeding), "Down with bottled and patented foods" (nursing mothers keeping down the feeding-bottles), "Take care of teeth (when young) and teeth will take care of body (when old)" (Child with tooth-brush), "Civilization cause of all ills, Brain, Body and Teeth" (A monster from the west with a bottle of whiskey in his pocket and a cigar in his mouth with "hurry-burry" legs, and bloated Stomach, gripping India with his arms of Bottled and Patented foods, Tea, Tobacco, Whiskey and Coffee, gnawing his diseased and decayed teeth) were a few of the numerous "Saving" clauses of Preventive Dentistry illustrated on chart and canvas. Besides, diseases like irregularity of teeth, caries and Pyorrhea Alveolaris, open bites, jaws with permanent and temporary teeth *in situ* were also depicted in plaster models with suitable card-board faces to match. Samples of "Good Health and Dental Welfare" journal and several thousands of free pamphlets as "How to fight Pyorrhea Alveolaris," "The Health of Children is the Wealth of Nations," "Back to Youth and Health" were distributed among the young and old. And the Lantern lecture on "Medico-Dental Inspection of Schools" completed our quota of "Dental Welfare" Propaganda.

There was a novice in the **Baby Show** this year from the time of its first inception two years ago in as much as the Corporation passed a resolution that breast fed and mother fed babies alone must compete. Although there was a little storm in a teapot, the Baby Show Committee had this as an useful guide in following some of the Western Health and Baby Week organizations.

HEALTH WEEK IN MOFFUSIL.

We owe an apology for not having responded to the invitations of several moffusil organizations, but we do hope to visit these centres at the earliest opportunity and thus carry on the Health Propaganda, week in, week out, instead of restricting ourselves to one week in the year alone. Of the centres visited, Tuticorin Municipality presented a typical Health Demonstration in the fact that the Exhibits were few but very effective and the lectures given were not restricted to one place and one type of audience, but were given in different places at every nook and corner of the Municipality as well as in every High School, Boys and Girls. The Dental Welfare lectures were given with the aid of magic lantern to a concourse of students and teachers bringing home to the Educational authorities that Medical Inspection of School children with due attention to condition and defects of teeth is a desideratum of all educational activities.

THE DENTAL WELFARE EXHIBITION

and **Lantern Lecture** at **Kumbakonam**, the Cambridge of the South, were highly appreciated by the cultured and student population who has found out that along with the elephantiasis and leprosy, the Kumbakonam public have to take precautions against tooth troubles and its sequelae, such as stomach troubles.

THE DENTAL EXHIBITION AT MYSORE

was conspicuous by the absence of any prominent Health Exhibits worth mentioning except a few bottles of "Children's Food" and the adaptation of a labour room crowded with an oven, cooking vessels, a sink pit, a hen, a bundle of "vepa" leaves and a mat with dirty, "smelling" clothes surrounded by half a dozen anxious faces—a picture worth showing on a Health Cinema. But all the same, we commend to the Health Organizers of Mysore, with H. H. Maharajah as Vice-President of the All-India organizations, that they will put up a greater number of illustrative charts, few but effective.

Yet it must be admitted that with its well laid and clean roads, well-gradient drainage, cool and salubrious climate, a first class water supply from the Kauvery (unlike the Maloney mixture of Madras water supply), with a race of people in whom cleanliness and godliness go hand in hand, and who take pride and pleasure in walking up or down the Nandi Hills or unnamed hillocks,—perhaps Mysore and Mysoreans do not yet want lessons in Health or rules to live a century.

To us,—city dwellers, however, Health Week means really a step forward, an atonement by the State and the individual for the sins of omission and of commission and for the change in the angle of vision of the Indian in matters *re.* Health.

It must, nevertheless, be confessed, that a Health Week Demonstration is costly though spectacular, is instructive though of doubtful uti-

lity, the organisers being perhaps, even now unaware of the extensiveness of our subjects and the shortness of our time; the crowding of things truly useful with the thoroughly useless and out of place; and the utter impossibility of explaining to an unmanageable crowd consisting of the really interested and of the merry-maker and mischief-monger. But we need not be pessimists on that account, as there can be no two opinions about the vital necessity of the Health Week Propaganda to the people and its opportuneness at the present day. But our present methods have certainly to be modified and improved if the Health instruction is to be more effective. For one thing, the Health Week should cease to limit itself to an annual festival; from a week, it should expand itself into a continued and persistent propaganda. The demonstration and propaganda should be carried on by different organizations at different places in a city, town or hamlet in a smaller but more effective scale, lest people should be lost in an ocean of demonstrating materials. Our schools and colleges are the best places for such useful work, as the instruction and demonstration given to students will have more lasting effect and will perhaps influence even the parent. The subject treated must refer to local conditions concerning Health and Disease. The teacher himself must, by precept and by example, impress upon the mind of his wards, the necessity of health and hygienic rules and the value of preventive measures. And by the constant and regular reference to Periodicals, journals and pamphlets relating to the **Health and Welfare** of *brain, body and teeth*, he will enhance the value of his teaching and achieve lasting result.

Food Inspection.

The problem of *Food* and *Food Inspection* is at present seriously engaging the attention of all classes and races of people—lay and professional, the civilized and the primitive—and linked with the curse of unemployment and the consequent inability of the consumer to chose the best and the wholesome, the outlook appears grim and too difficult to be solved by science, state or human agencies. Dr. Sir Arbuthnot Lane, Bart., C. B., M. S., F. R. C. S., writing on the aims and objects of the "New Health Society" founded by eminent Harley Street Specialists, London, and supported by well-known public men like Lord Asquith, despairingly expresses thus his and his fellow-beings' impotency in curing "Diseases" for whose very birth he and his predecessors in life, profession and politics are, perhaps, responsible.

HEALTH AND DIET.

"There is one great advantage that the agricultural labourer has over the rich. It is that his food is simpler and coarser, that it contains far more of the products which are essential to health, and that he is

fortunately deprived of the made-up dishes, pastries and sweets which form such a large proportion of the food of the wealthy. Besides this their laborious occupations necessitate their taking a considerable amount of physical exercise which also stimulates their bowels to function normally, so that the contents do not stagnate and decompose as they do in the case of those who subsist on more artificial and luxurious food.

The more highly civilized are the members of a certain kind of the community the more general are all sorts of disease, and most conspicuous of all is that dread scourge of humanity, cancer. It is a disease, which in England attacks one in every ten of the community and it is well known that this mortality, great as it is, is steadily being increased. There is every reason to believe that cancer is more common among the rich than among the agricultural labourers. When it is pointed out that the native living on more natural food, and pursuing his natural habits of body, is completely free from cancer, and all the diseases peculiar to civilization, the retort is, "Are we expected to live on acorns, to feast upon crab-apples, and to fight over the carcase of a slaughtered boar?" Do such objectors consider that the diet of the Sikh, of the Zulu and other inhabitants of South Africa, or the Negro living in natural conditions, who are the finest human animals existing, is of the simplest possible character?

THE NEW HEALTH SOCIETY'S WORK.

The object of the New Health Society is to point out that perfect health and freedom from disease can be secured in civilization by including in the diet delicious fruits, green food either raw or properly cooked, whole meal bread which contains all the constituents sufficient and necessary to promote the normal functioning of the intestinal tract and the perfect nutrition of every tissue in the body.

No attempt to be merely funny on the part of those who oppose the teaching of the New Health Society can succeed in obstructing it for any length of time, for while the bulk of the community may be apathetic for a period there is a sufficient number of progressive and intelligent people who will think for themselves, and will acquire sooner or later the knowledge that will keep them and those in whom they are interested in health and happiness. The misery that results from bad feeding and bad habits is depicted only too frequently in the faces of the people whose outlook in life compares very unfavourably with that of the savage whom they affect to pity. We talk of the white man's burden, but it is a trifling one as compared to the ill health and disease which the white man has imposed on the native by coming in contact with him. The black man's burden is a very heavy one, and he has little for which to thank his white brother.

The Black Man's Burden

What the New Health Society proposes to do is to teach those with limited incomes how they can expend their money to the best advantage, and to prevent them from being injured in health by foods which are not only not beneficial but are too frequently detrimental, since they have been deprived of those important components which the food of the native contains, and which are absolutely essential to healthy vigour of body and to freedom from disease. It will also attempt to secure for these people those foods essential to perfect health in abundance, and at a price which they can afford to pay. The disparity in the cost of the natural products of the soil at the place they are grown and in the shops of the large towns calls for some form of co-operation and the remedy for this state of affairs will receive the close attention of an important section of the Society.

The Society also feels that sufficient use is not being made of the productive capacity of the land of this country, since it believes that if properly cultivated the soil of Great Britain can produce a far greater amount of home-grown food for the community. The dole is a deplorable necessity and its existence is to some extent the result of the aggregation of a very large proportion of the people in towns, while the country, from which alone a sufficiency of really good food can be readily obtained, is deserted.

To effect their objects the New Health Society appeals not only to the generosity but also to the intelligence of the public, since it is obvious that by making the people healthy and happy the necessity for supporting hospitals, asylums and gaols will disappear, and it is obvious that the cost of the former is infinitely less than is that of the latter.

THE SCANDAL OF DISEASED MEAT

The lay man and the press in England are also agitating to lessen or wipe out the scandal of diseased meat and the shocking revelations of Slaughter Houses by "John Bull" of London will open the eyes of the Minister of Health in India as well as in England so that they will see their way to conduct more vigilant and brisk inspection of food especially meat, meat juices, Beef Tonics that have become part and parcel of the diet of many an Indian, healthy or sick, man, woman or child.

Most of use at meat at least once each week; many eat it, in some form or other, practically every day. We regard it as necessary for the maintenance of health and vigour; yet we do not interest ourselves in ensuring that the meat we eat is free from disease.

The problem of a pure food supply is one of the most vital of any which can confront a nation, yet it is a tragic fact that our methods of food inspection are not merely a blot upon our reputation, but a grave danger to the health of our people.

We will give what may be a repulsive illustration. The blood of

an animal killed in a slaughter-house is drawn off into a receptacle and afterwards sold to a factory for manufacture into food for human consumption, or supplied to hospitals which are regular customers. One carcase, on opening, may be found to be full of disease and be condemned; the next one may be clean. The blood from both goes into the same receptacle!

INSPECTION AS A SIDELINE.

Our law-makers have laid it down that the carcases of all animals killed for food shall be, when possible, inspected, but they have done very little to render probable, or even possible, adequate inspection.

The quality of the inspection varies from district to district with the qualifications of the person inspecting, or the time that that official can spare from other duties. There is an official list of thirty-two diseases, any one of which renders a carcase, with all its organs and viscera, liable to seizure.

Does anyone suggest that a plumber a carpenter, a compositor, a bricklayer, a florist, a serveyor, a stonemason, a dispenser, a school teacher, or a tram conductor (to mention the callings of a few of the people who have carried out the duties of meat inspection) can be expected to recognise all these diseases?

WAY MEAT IMPROVED?

During the war certain centres were selected at which all animals intended for human consumption, within a certain radius, were ordered to be slaughtered. Islington Cattle Market was one of these centres. In one year, under control, roughly two and a quarter million pounds of meat were condemned as diseased and unfit for food.

When control was removed the amount dropped to one-fifth the weight. Why the drop in the amount of diseased meat?

The reason is simply that Islington happens to have an efficient system of inspection. Now that people are not compelled to send their cattle to Islington, doubtful cattle will be killed in the areas where inspection is below the Islington standard, and cut up into joints and eaten.

DECEPTION EASY.

The truth is that the amount of meat condemned at Smithfield and other big markets where there is efficient inspection bears no relation to the amount kept away from such markets by fear of seizure, and which is instead sold in districts where such sale is comparatively safe.

It often happens that a skilled butcher can so treat a carcase by hiding or obliterating signs of disease that an unskilled inspector is easily deceived, but some of

the inspectors do not need deceiving.

There was a case in the Midlands recently in which an inspector examined and passed a carcase of beef. It was sent to a neighbouring town, and the inspector of that town not only condemned the beef but prosecuted the man who had bought it. The man was fined £10.

In another case (in Lancashire) a butcher bought a quantity of meat which had been examined and passed that day. Just as it was being delivered at this shop an inspector happened to be passing. He examined the meat, telephoned for the officer of health, who condemned it, and butcher was fined.

How greatly the standard of inspection varies is shown quite clearly by the fact that what is regarded as unfit for human consumption in one town is regarded as fit in another.

WE LAGGING BEHIND.

Where there is a low standard of inspection, or absence of inspection, men, women, and children are being poisoned by diseased meat, simply because we are behind every Continental country, behind our Colonies, and behind the States.

In these countries animals for human consumption can be killed only in registered abattoirs and inspected before as well as after the slaughter by qualified veterinary surgeons. In the majority of the German States the superintendent of the abattoir must be a "vet."

Scotland and Ireland also have taken steps towards a uniform system and standard of skilled inspection. The Public Health (Meat) Regulations (Scotland) of 1924 are designed to place the inspection of meat in the hands of veterinary surgeons and medical officers of health.

The new Local Government Board Act (1925) of the Irish Free State enacts that in every sanitary authority one of the inspectors must be a "vet." We still lag behind, for it is foolish to expect medical officers of health to carry on the work.

Few of them know anything about meat inspection, such knowledge not being necessary for the acquisition of the Diploma of Public Health which qualifies them for the positions they hold—an omission is itself a criticism of the Ministry of Health.

STERN PUNISHMENT.

Before we can hope to get a real system of meat inspection, the number of slaughterhouses must be reduced.

There ought to be one central slaughterhouse for each rural district and one for each town, with fixed hours between which the slaughtering must take place, so that an inspector can examine each beast before and after death.

That inspector ought to be a "vet," who should be given the legal right now given only to

medical officers of health and sanitary inspectors to enter premises and inspect and seize diseased food.

As already stated, in the States beasts are examined by "vets" before and after death. The carcases fit for human food are stamped "U. S. Inspected and Passed," and those found unfit are stamped "U. S. Inspected and Condemned."

Any carrier found transporting or receiving for transportation any carcases, meat, or meat food products which are not marked "U. S. Inspected and Passed" may be punished by a fine not exceeding $10,000, or imprisonment not exceeding two years, or both.

TERRIBLE ALTERNATIVE.

Under the Public Health (Meat) Regulations (1924) for England, local authorities can insist on the stamping of all meat examined in their area if they satisfy the Minister of Health of the competence of their inspectors, and if each animal is inspected at the time of slaughter with all its organs in position.

Not one authority has taken advantage of the clause, but if all slaughtering were centralised and all inspections standardised and carried out by competent men, the Minister of Health could issue a compulsory order for the marking of all meat passed as fit for human consumption, and if a heavy punishment were awarded to all caught handling unstamped meat the poisoned beef scandal would soon be wiped out.

The alternative is nothing less than the continued murder by poison of innocent people or such a wholesale undermining of health as render them easy victims to disease."

SLOW POISONING BY FOODS

"During the last fifty years a profound change has come over our food supply. Formerly food meterial came more or less direct from the farm to the kitchen ; now a very large percentage of it passes through factories in which it is prepared, preserved and beautified and incidentally, made dearer. This change has been accompanied by the introduction of a large number of insidious poisons or physiologically active substances. Their quantity in each food article is so minute that positive and obvious injury is out of question but their cumulative effect in the course of years, or even of a generation or two is bound to become visible." So says Mr. Otto Hehner in a communication to the "Times" Most of the foods "predigested" and preserved by the organic acids containing traces of arsenic, lead and copper, go to feed expectant mothers, children and the sick. The partaking of tinned foods and the use of tins, metal cooking vessels and glasses for preserving or partaking of foods will also poison people with arsenic. In fact dwelling in a house or city where coal is burnt or extensively used leads to slow poisoning since our food and lungs stand the chance of being bombarded with chemicals and poisons contained in minute quantities in coal dust and ashes.

FOOD CONDEMNED BY DENTAL HYGIENIST.

The foods condemned by the Dental Hygienist are the several bottled and patented so called "best and safest childrens' food". The fundamental principle involved in assuring the children and future generations good teeth and healthy body is in prescribing and allowing proper foods. If we eat the right foods, at the right time, it would not be necessary to talk about the care of teeth nor would we be much worried over the treatment of general diseases. Animals do not have tooth brushes nor do they have tooth ache. The modern civilized human being, especially our children in Schools, suffer tooth troubles due to the tasting and relishing of the sweet and the gummy foods available even in the premises or at the gate of the school compound. It is therefore the duty of the health and the school authorities not to allow such harmful foods to be eaten by or at least easily available to, the student population during the school hours if not at all times.

Sunlight and Dental Welfare.

That sunlight is a powerful factor to prevent as well as cure Diseases has been known and practised in India from time immemorial. The "Suryanamaskaram" or prostration (practically the exercise of body, brain and chest) before the Sun-God in the early morning formed a part of the religious ritual among all classes of the Hindu people. The statement that sunlight is a therapeutic agent has given this hoary conception a scientific basis by means of the recent study and experiments of the "Sun Curers" of the west, who have found out that sunlight, especially the ultra-voilet rays (unfortunately obliterated by the dust and smoke of busy cities) increases the phagocytes, enriches the blood in lime and phosphorus and acts as a powerful curative agent in Tuberculosis, Rickets and tooth troubles, besides being a tonic to the expectant mother, growing children and convalascent patients. Dental troubles is in fact a disease of darkness, the oral germs requiring warmth, hiding place and darkness to multiply in millions and cause havoc. And *vice versa* it has been demonstrated that blood inoculated with bacteria and subjected to Sunlight (even a single dose) will be so changed that bacteria can no longer grow in it and this action is found to depend on phagocytes which are almost paralysed by the drugs of our Drug-curers. Pyorrhœa, for instance, is, more often, a "systemic" than a local disturbance; and sunlight by increasing the phagocytes *i. e.* immunising and resisting power of the individual and the toning up of his body, brain and teeth will prevent and cure the disease. The slogan, that where the sun enters, the doctor doesn't is but too true of dental woes and deserves to be cried from house-tops to the tooth-ache patients. And these triple Elixirs of life, the sun-bath, the air bath, and the sea-bath can be had for nothing on the beach and our neglect of these matters becomes all the more culpable. For the sun to us is the source of all energy and the visible symbol of a God on earth.

Fasting in Health and Disease.

Conflicting opinions have been expressed on the virtues of fasting, some extolling it as a great panacea for the world's diseases, others decrying it as if it were the surest road to 'hell'. Now, while both these classes of people are really exaggerating matters or rather mis-representing it, it must be admitted that both are exaggerating what is in fact a vital truth. The truth is that fasting, like the sword, may save or kill the man, may prolong a man's life, or measure it by a few hours or days, according as that weapon is used judiciously or otherwise. So any generalization on the nature of fasting either that it is good or that it is bad is really meaningless, as in itself fasting is neither goed nor bad; it is frought with good when it is used with due attention to *kala* or time, *patra* or the nature or calibre of the person using it and *krama* or the method of fasting. If on the other hand, instead of getting about the thing wisely, one were to begin fasting as if he were buying a pig in a poke, the result will be positively harmful.

FASTING A LUXURY.

Another thing to be noted is that fasting is, after all, a luxury. Every man cannot afford to fast, even as every man cannot afford to feast. For feasting, a man has to be rich in gold, for fasting, he has to be rich in determination, will power and endurance. Men of weak-will, therefore, though in good health had better not fast without the guidance of a doctor or "fast-cure" expert. For in such persons unless proper care is taken, conflicting emotions will be set in the sub-conscious mind, as when the desire calling for food crops up in the brain, the mind is too weak to resist the call and a painful tension in the system is the result. This is the reason why the Hindu sages, who imposed upon the Brahmin the duty of fasting once a fortnight (on the Ekadasi day) expressly laid down that the weak and the crippled, the very young and the very old are to be excluded from its rigidity.

WHY PRAY WHEN FASTING.

As a corollary to the above, it follows that he who would fast, must, apart from strengthening his mind by the much-talked of processes of mental suggestion, rigidly exclude from his mind all desire and thought about foods and feeding. And the easiest way to do this is to turn the mind towards God. Calm and earnest prayer takes us out of the clutches of ravenous appetites, and over-powering emotions, and lessens fatigue and makes fasting a true luxury. Hence he who would fast must also pray, or at least take up a calm, desireless, and restful attitude of mind. Indeed to be effective, a fast ought to be a feast of the soul and prayer is only another name for that feast.

It is usual among Hindus to speak of the Ekadasi day, as a day

of *Upavasam* or fasting. But "Upavasa", does not really mean fasting but means "the act of living near God", so that both the terms have come to be regarded as synonymous as "Upavasa" is very helpful for fasting and vice versa.

FASTING WITH PALAHARAM.

It is a mistake to make a fetish of fasting by taking it to mean total cessation of eating for a certain length of time. In the practice of fasting, the aim or object should not be lost sight of. Fasting is a means of providing rest to the overworked bodily tissues and organs, especially the masticatory and the digestive, and for this we need not abstain from food altogether. If the appetite is strong, we may and some are bound to take just a little food and that will not in any way destroy the virtues of the fast. Water with a little salt added to it is the best adjunct for fasting, and with this some whose appetites are less controllable, may include some mild fruit—diet or Palaharam, the wise substitute often prescribed by Indian fast-cure experts.

BREAKING OF THE FAST.

And then the breaking of the fast is a matter of some concern for the doctor. Indeed, where one sees the sumptuous breakfast which our rich folk are wont to take, one feels that the note of warning cannot be over-rung. These heavy "feasters' after a long fast or even after a night's sleep have to be told that, at the end of a continued fast, the salivery and digestive organs are more or less in a state of non-activity, and nothing could be more ruinous than to stuff in large quantities of food into the stomach and force the organs into an activity for which they are quite unprepared. The saner and safer method would be to "coax" or induce the glands and organs into gradually increasing activity by giving them slight quantities of easily digested food, preferably fruits such as oranges or grapes.

THE EFFECTS OF PROPER FASTING.

Most of our aristocrats know only of one kind of luxury, the luxury of feasting. But apart from the aristocracy of riches, there is what may be called an aristocracy of the mind. This latter feeling comes to him who enjoys the luxury of fast. A fast, if properly carried out, has the unique effect of inducing a feeling of lightness and mental buoyancy, a clearness of sense, a freedom of breath and mind, in short a feeling which may aptly be termed "an aristocracy of the mind."

"We Are What We Eat"*

By

Dr. C. Muthu, M. D.

OF MENDIP'S SANATORIUM, ENGLAND.

The fundamental basis of health is nutrition. What we eat makes us to a great extent what we are. A well-nourished body is the only sure protection against disease and microbes. The science of bacteriology, which dominated the minds of research workers a generation ago, is being slowly replaced by the study of biochemistry which has opened a new angle of vision and has shown us the close relation that exists between diet and disease. While proper and correct feeding makes for a man's health and efficiency, under-nutrition and faulty diet continued for a length of time leads to diseased conditions now and degeneration of the race hereafter.

FOUR CARDINAL FACTORS OF HEALTH.

There are four cardinal factors which contribute to the efficiency and well-being of individuals and nations: Fresh air and sunlight, good housing accommodation, a certain amount of rest and exercise and adequate and well-balanced food. The first three can be called hygienic and the fourth dietetic factor. Of these two, food is more important than hygiene, for perfect growth and development of body and its resistance to disease depends more largely upon food than any hygienic factor. Since the character of the food so profoundly influences the life history of man, we, Indians, should give serious attention to the study of nutrition.

COMPOSITION OF FOOD.

A general survey of the dietary habits of mankind brings out this fact, that those races whose diet is chiefly composed of cereals and carbohydrates have the poorest physical development, and those whose diet is rich in protein and milk products develop a high degree of efficiency and endurance. This broad principle finds a splendid illustration in the many Indian races whose difference in their physical efficiency depends more on the character of their diet than any other factor.

In order to maintain sound health all foods must contain a proper balance of proteins, carbohydrates, salts and water. Proteins are body builders and stimulate metabolic processes. Carbobydrates and fats are fuel foods which supply heat and energy. Salts regulate osmotic pressure and the alkalinity of body fluids. And water—it is astonishing that living matter with all its wonderful properties of growth, memory and intelligence, devotion, suffering and happiness—should be composed of

** An Address recently delivered at the Madras Medical College.*

70 to 90 per cent. of nothing more complex and mysterious than water!

But Bio-chemistry has taught us two things: (1) The chemical composition of foods does not indicate their biological value. Various proteins may have the same chemical composition, but animal proteins have a higher nutritive value than vegetable proteins. So are vegetable fats inferior to animal fats. (2) A diet containing pure proteins, carbohydrates, salts and water is not sufficient to maintain life unless some unknown vital substances are found in the food. These substances are called vitamins or food-accessory factors. They are Fat-soluble A found in raw milk, cod liver oil, butter, egg-yolk, green leaves and root; Water—soluble B, found in germs of seeds, eggs, wheat and rice bran, nuts and in many fruits and vegetables; and Water—soluble C found in fresh fruits and vegetables, oranges, lemons, tomatoes, cabbage, etc.

Experiments made at our sanatorium in England have shown that the life of a vegetable, fruit or animal depends upon its electromotive force, and that the fresher the food, the more intact its chemical, electrical and enzyme properties, the more easy and rapid its digestion and the greater its nutritive value.

In stale fruits and vegetables and fish and over-cooked foods there is a deficiency and destruction of enzymes which not only render digestion more difficult, but produce purin bodies and toxins.

SOME STABLE FOODS.

Let us glance for a moment at some of the staple foods that are daily consumed in an ordinary household.

Milk is the one food for which there is no effective substitute. The whole milk is rich in calcium, lime salts and phosphates. It also contains-Fat soluble A which is connected with growth, and anti-rachitic vitamin which is concerned in the calcification of bones. Therefore milk is so necessary for babies and young children. Milk proteins make more flesh than the same weight of vegetable proteins and have a higher power of assimilation. Milk suffers in its nutritive properties by constant boiling, and pasteurising. Breast milk contains more lactose, more lactalbumin, a larger percentage of lactic acid and other protective organisms than cow's milk, and hence it is best suited for the human infant. This is why the breast-fed child is better developed, gets through its teething and other ailments more naturally, resists infection more quickly and successfully and has a lesser mortality than the artificially-fed child. The death-rate among the bottle-fed children in Liverpool has been 15 times as great as the breast-fed. We, Indians, were naturally proud that Indian mothers could suckle their children; but alas, the sad calamity of artificial feeding has overtaken us as it has other countries. If we are wise we would forthwith take every necessary step to avert this disaster.

Rice is the most important cereal grain in the diet of more than half of the human race. As long as the Eastern people subsisted on whole rice they did well. The Indian working population to whom rice is a staple article of diet did hard physical work and kept itself strong and healtby. But with the advent of rice milling machinery the whole rice was milled and polished, and was deprived of its germ and its outer layers and vitamin B, and this polished rice which is poor in protein, fat, phosphorous and other mineral salts is a deficient food, and those who live wholly on it succumb to beri-beri. The pigeons fed exclusively on it, as my friend Dr. Mc Carrison has so ably shown, lost weight heavily and died eventually, but if the rice polishings that were removed were added to the pigeons' diet they recovered with an extraordinary rapidity. Rice is at best a poor food, and when it is milled and polished it is still more reduced in its food value and cannot supply the nutritive needs of the Indian, but lowers his stamina and his resisting power.

'Bread' from the earliest history of the world was called the stuff of life. When the wheat was milled between stones, as it was generally done in the olden days, the bread contained the germ and the unimpaired enzymes of the grain which nourished fine healthy people of good physique, sound constitution and perfect teeth. But when it is milled by the roller process and deprived of its germ and bran (which contain 50 per cent of protein) enzymes, fat, vitamins A and B the bread made from this white flour cannot nourish the body but brings on dyspepsia, bad teeth and other troubles such as beri-beri. etc., as the white rice does During the late campaign in Mesopotamia the British troops suffered badly from beri beri from eating bread made from white flour, but the Indian troops who had rations of atta (whole meal flour) and dhall were free from the disease. The destruction of food enzymes in the rice and wheat grains reduces their nutritive value and lowers the vitality of the people. The slogan was often heard during the late war "The whiter the bread the sooner you're dead."

FRUITS AND VEGETABLES.

While proteins predominate in the animal foods, carbohydrates form the bulk in vegetable foods. Fresh fruit and vegetables form important sources of vitamins and salts which maintain and improve the alkalinity of the blood. Vegetables supply alkaline salts especially potassium, while sodium salts occur chiefly in animal foods; and being so soluble in water a considerable portion of these valuable salts is lost in the process of cooking. Fresh fruits also contain salts of potash and antiscorbutic substances The potato has a large content of potassium. Leafy vegetables, such as cabbage, spinach, Indian vegetables like 'kerai' are rich in calcium and iron and Fat soluble A. All the vitamins are more or less lost by heating in the presence of air or oxygen. Ordinary boiling and pasteurising destroys practically the whole of the vitamin C. Hence green foods like salads and fruit should form a part of our daily diet.

PEAS AND BEANS

Although these are richer in proteins than the cereal grains, their proteins are poorer in biological value than the animal proteins found in milk, cheese, eggs and meat. Experiments made on animals show that they cannot maintain any growth. The relatively low nutritive value of their proteins is due to their deficiency of certain amino-acids.

The food value of nuts is considerable as most of them are rich in protein and richer still in fat.

'Coffee and tea' are more stimulants than foods. They contain a large percentage of purin bodies which are injurious to health. There is no harm in taking weak tea freshly made and not allowed to stand in the pot more than a few seconds. China tea is preferable to Indian tea as it contains less tanni therefore more suitable to patients in weak health. Postum or dandelion coffee are good substitutes for coffee and contain no uric acid or purin bodies.

GOOD AND BAD DIETS

A proper selection of food is a most important means of preserving health and maintaining normal growth and fertility. Japanese children brought up in the sears of California with milk and dairy produce are taller and more vigorous than the children of the same age living in Japan. So are the children in Bourneville Garden City, near Birmingham, taller and heavier in weight than those of the same age in Birmingham City itself. The Chinese in North China who were taken in hundreds as labourers to France in the late war because of their excellent physique, live on whole wheat, whereas the Chinese in the South who eat polished rice are physically inferior to their comrades in the North. So in India at the present day, millions of Indians who subsist on polished rice, legumes, vegetables and condiments have the worst physique and the lowest resisting power of any race in India, because of the poor quality of food. This is why so many Bengalees and Madrasees possess a low degree of stamina and endurance. Polished rice is nothing more than starch and has very little nourishing properties, and therefore it should be condemned by every householder in India. We must get back to home pounded rice and home grown food if we are to bear the heavy strain of modern civilised life. The people in North India and in North West Provinces who live on atta or wholemeal flour, dhall and vegetables, etc. have higher physical effciency and resisting power than the rice-eating Bengalees or Madrasees because wheat provides about twice the quantity of protein which is also of better quality and more nutritive value than rice. Still better is the physical efficiency of the Rajput, and the Sikhs who combine animal food and milk products with wheat, dhall, vegetables and fruit. Milk products such as butter, ghee, cheese and curds are more excellently nutritious food for children and adults. In fact, all the races who freely use

milk, and the dairy produce, as the pastoral peoples, the shepherd tribes who live with their flocks and herds, the Arabs, the Bedouins and the Balkans, possess high qualities of virility, courage and endurance. An ideal diet should include whole meal flour, milk and its products, eggs, fresh leafy vegetables, green salad and fruit, with or without a small quantity of meat. Meat is not absolutely necessary in India if animal proteins can be supplied by milk, eggs and cheese.

Of all the people the pregnant and lactating mother should have the best food in the family and not the leavings of their husbands and friends. If her milk is poor the child will be ill-nourished, and generations will suffer from this underfeeding. There is a large mortality in the East from infantile beri-beri in the breast-fed infants whose mothers live chiefly on white rice.

The growing children should have the first claim for protein diet, the body builders. It is dreadfully said that so many mothers do not know how to feed their children. How often one sees them fed on rice, pepper water and pickles and sweet, —a poor diet to build flesh and bones and sound body. They sought to have warm milk and fresh if possible, whole meal bread, eggs, fresh fruit and vegetables and not tea or coffee, condiments or sweets.

FOOD IN HOSTELS.

Serious attention should be given to feeding growing lads and girls living in hostels and boarding schools. I have noticed so many cases of tuberculosis among them especially girls, from want of good nourishing food supplied in these institutions. It is a calamity that those who have charge of them are ignorant of the values of food. Instead of filling them twice a day with polished rice, pepper water, indifferent curries and dhall which have little or no nutrient value, they should be fed with milk, eggs, fish, whole meal bread, a little unpolished boiled rice, fresh fruit and leafy vegetables with or without a little meat. As for grown-up and middle-aged men—they do not need much protein as the young people. They need very little food to keep their body going. As a matter of fact they are overfed. They eat too much meat, starch and sugar. By this over-indulgence combined with sedentary life and want of exercise, their liver and gastric organs are overworked and over-fatigued. If they would spend a fraction of their social and political energy in giving attention to their diet, be frugal in their food habits and fast now and then, we would not witness so many tragedies of early deaths among them.

EDITOR'S CONSULTING PAGE

To meet the wishes of the numerous readers of this Dental Propaganda Journal, the Editor has opened this page to answer the queries of his patients and constituents. He will be only too glad to answer any question pertaining defects and diseases of teeth as they affect the health and welfare of the body and to communicate by post if so desired and directed with a stamped and addressed cover.

"MR. B. IYENGAR (70 YEARS, : My grand-daughter aged 3 years complains of pain in the tooth and hardly chews her food, whereas my teeth never gave me trouble and I was able to chew my food and even break nuts till 40 or 50 years." Your grand-child, we fear, has been spoilt by sweets and pepper-mints allowing the sugar to ferment and corrode teeth all these years, whereas, you have not touched nor tasted these "sugary" enemies of teeth.

MR. R. M. 17 YEARS:—"My father objects to the removal of my decayed carious, and painful tooth:" Your father, evidently, objects to the painful and jerky methods of "tooth-pulling," and not to the painless and bloodless operation of extracting a bad or hopeless tooth using proper instruments and taking all aseptic precautions.

Mr. C.R: "Will you allow me a peg or a cup of coffee before extraction?" Certainly not, since these stimulants will induce more bleeding. The morning hours, with an empty stomach, will be the best time for this as for any other operation.

Mr. A. Iyer: "Since my child will lose the temporary teeth and get permanent ones, your advice to fill up the cavities of the temporary teeth and save them seems a waste of money and energy."

Not so. If the disease attacking the temporary teeth, in fact the first line of defence, is not checked or overcome, the disease will have sooner or later, attacked and destroyed the permanent teeth, which are not replaceable and shall have to serve the man for life. Further germs hiding and multiplying in cavities of tooth will infect the permanent ones directly through their roots and through food and through the air breathed in, infect any frail organ of the child such as throat, lungs, stomach and brain.

Mrs. S. Iyengar: "Though I have been getting on with little or no inconvenience with my slightly shaky teeth, your advice for the removal of all shaky teeth has not yet convinced me." Ladies, by nature, do not complain, but suffer patiently tooth troubles and thereby allowing the easily disturbed

organs like the womb and the stomach, the eyes and tbe ear, to get infected. But the removal of shaky teeth and the consequent lessenings of the ground of infection in addition to proper and thorough cleaning of teeth, will have checked the infection and perhaps saved the internal organs in time.

Mr. S. Rao. "Which is better, an artificial tooth or a troubling Natural Tooth?" Well set, and properly built artificial tooth is a hundred times better than an aching and shaky tooth and serves as thoroughly well as a natural tooth for all ordinary purposes of articulation, speech, mastication, ensalivation, appearance and beauty.

Mr. K. Iyer : "My wife complains that my mouth smells awful, whereas I don't". Your wife is right, you seem to be suffering from Pyorrhoea with shaky and offensive teeth, but pity, *you* have grown used to it, while your wife hasn't.

Mr. M. Moodr. : "Why should I get tooth troubles, even if I have been using the best Tooth Paste twice a day?" Admitting your Tooth Paste is the "best," you are tackling only one side of the question, namely the infecting agent. In as much as all people are not attacked by a pestilence, small-pox, cholera or plague, the susceptibility or resisting power of the individual has also to be taken into account.

Master Subramaniam: "How best to clean teeth ?" A hard brush with serrated, pointed bristles or better still properly formed tooth-kuchi like the Veppa or Banyan is all what is required to keep a healthy set of teeth clean. A diseased or deformed arch of teeth, however, may require the use of medium or soft brush, with a dentifice—a soap, a powder or a paste. It is however, the opinion of eminent dentists that all strong antiseptics and deodorizers that cover up the disease should be condemned and the disease checked or cured otherwise.

Mr. and Mrs.: "All our children have protruding teeth, though niether of us have any such". Protruding teeth is clue to sucking, the thumb or toe or baby not so big a lyphen "soother—or" even breathing through the mouth when young.

Mr. S. "Do you as a dentist advice chewing of Betel?" Chewing of betel leaf alone cleanses the interspaces of teeth and supplies anti-fermenting juice to the stomach. The addition of a little quantity of chunam and nut will provide a protective layer for teeth and supply the food with calcium to build up the grittiness of bone and teeth. Though, tobacco is generally considered a panacea for toothashe, tobacco chewing must be discouraged to run the disease under ground.

Mrs. E. "My son, 12 years old, has two lines of teeth in the upper and lower row" The abnormality is due to your neglect to see the temporary and preceding teeth shed or removed when the permanent ones have sprouted, of course, due to your uninitiation or ignorance. The way out is to visit a dentist to have the temporary teeth removed.

CORRESPONDENCE.

The Editor does not hold himself responsible for the views of his correspondents. All communications should be ***typed*** *or* ***legibly written*** *on one side of the paper and reach the Editor by the first of every month, to enable publication in that month's issue. Correspondents should sign the manuscript and send their full address, not necessarily for publication, but as proof of good faith. The Editor, however, reserves to himself the right to publish or withhold such correspondence. Rejected communications will be returned on enclosing an addressed and stamped envelope.*

Dear Doctor,

The lectures and demonstrations you gave at Mysore with the aid of Lantern Slides has provoked some thought among us. Hence permit me to speak my view of the subject, so as to draw the attention of yourself and your readers.

In the first place, Sir, your reference to the "appalling" state of our Teeth here in India, seems to be somewhat overdrawn. For he who runs may see that the Tooth-conditions in this country are by far better than those in Europe If you go to England you will meet with people who have never cleaned their Teeth at all, or who have never used or even heard of the use of a Tooth-brush in their lives! We in India, on the other hand, whether Brahmins or no-Brahmins, are taught to brush our teeth with the native "Kuchi" by our mothers at home, even when we are little boys, and the hygienic habit is scrupulously kept up through life. As an instance, I may tell you that my father, an old man of seventy, is still able to preserve a set of healthy and strong Teeth, and so are my Teeth though I am forty-five. The same is the case with the Indian women and girls. In general, I may say that our Teeth are sound enough, whereas it is the reverse in the west, say in England.

The first specimen of English people who come in contact with you on your visit to London are the little girls who wait on you at hotels in England. You have only to see them after their day's work, and you will be shocked at the horrible appearance they put up, *sans Teeth*. Speaking generally English people have deceased or decayed Teeth from their childhood and lose or have them extracted very early. Hence the assistance of a dentist is indispensable there for man, woman or child. Therefore if we are to judge the state of our teeth in its proper perspective, we find that we have every reason to be proud of the integrity of the Nation's Teeth. In fact as you might yourself have noted, very few patients resort to Hospitals, except for tooth-extraction, and our dentists in the hospitals do not have cases enough to do justice to their high salary. Medical prac-

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titioners too,rarely meet with Tooth patients except for shaky-tooth-pulling. Hence the service of the dentist is a luxury for the Indian and the use of costly Tooth-pastes and Powders or even Tooth-brushes is a waste if not harmful, since almost every house or garden, or daily market supplies us with tooth-twigs which are medicinally, hygienically and economically best for Indians, as the Tamil proverb goes, "*Alam Velum Palleke Vriddhi.*" *i. e.* "Banyan and Vepa twigs are Tooth Preservers"

Mysore 19-3-1926.

"Euscalapius"

[Our sincere thanks for the candid opinion of the Doctor who seems to have been lost in his extensive practice of the Art of Healing, and has little time to turn his thoughts to the more easy and legitimate duty of Preventing Diseases. For he who runs may see the forthcoming deluge and the impending total distruction of the Nation's Teeth, which has cast its shadows in the universally deformed or defective teeth of our youngsters housed in Public Schools, which fact will be evident to him by a visit and a personal examination of the condition of the Health and Teeth of the School Children especially in Cities like Madras. Ed. G. H. & D. W.]

Dear Sir,

I am one of the many admirers of your selfless Dental Propaganda. Ever since you have been publishing in Madras papers—lay and medical—your valuable articles on "Tooth-troubles," I have been watching your hints and suggestions for improving tooth conditions and have been also following your activities throughout this Presidency on "Dental Propaganda" Having read some of the practical suggestions you gave at the Madras Health Week, I was anxious to hear you at close quarters and you have been good enough to come all the way to Mysore and give us the benefit of your advice through the medium of your attractive Dental Welfare Exhibition and highly instructive lantern lecture. Your journal, too, seems to be drilling the same views through you as wel as the equally forcible pen of eminent experts.

On the other hand, pardon me for speaking the bare truth, that your efforts in this direction are really seeds gown on rocky soil. We Mysoreans for instance, claim to have "improved" "reformed" and "fashioned" so much that your cry from the house-tops, is, to us, no more than a cry in the wilderness. Do you, sir, expect me to leave off my coffee or my cigar having been initiated and practised to it for the last 50 years? You expect my son or grandson to leave off "pleasures" of.'Civilised" life—when I am scrupulously enjoying mine? And do you sir, expect any ordinary man to leave off tasting Tea or Coffee the very "Elixirs of Life", when even the Toty speaks of his morning "Kapi"? 'It is equally absurd to expect any life—literate or illiterate man not to go to Coffee hotels, when Coffee hotels have sprung up like mushroms even in villages and the fatty Coffee Hotelwela even offers samples of Coffee to would-be consumers free.

Your advice to us to use only spring or natural water direct from the source seems rather impracticable. In these days of civilization, our women have struck work in the kitchen and a hired cook has become an all-important factor in home-life. This indispensable personage will, however never enter the house which is not furnished with a pipe, for the simple reason that he cannot book the idea of "Orthodox" people using well water or spring water as the latter involves heavy work.

In our olden days we were won't to take rice pounded by hand, collected stored once a year. In a small city like Mysore a dozen or more rice mills have sprung up and the villagers cart all the paddy to the town to have the rice milled, thereby depriving the rice of its necessary food factor *viz.*, "vitamines" and withhold the already poor labourer of his rightful share of employment. Hence hand-pounded rice is not to be had in Mysore for price or favour, even for the use of children, invalids or expectant mothers unless the paddy is got and husked at home.

And, after all, the blame or credit whatever that may be, for this "up to-date" "refined" or "civilized" modes and practices goes undoubtedly to our inflexible grown ups. It is the elders and not the youth of India that is responsible for those vices which you seek to eliminate. The remedy for this you have told us, is to bring round the elders by means of adequate propaganda. I say that is exactly what is impossible. Our elders like drones, have drunk deep of the honey of the west and are therefore too lethargic or conservative to respond to your call. The only soil that is still fresh and responsive is the youth of India, the growing children of this land and in thot soil alone may the ripe fruit of national regeneration be made to evolve. I beseech you, therefore, as a sincere well-wisher of yours, to concentrate and direct, with redoublod energy, your carefully thought-out scheme of propaganda to the rising generation in the Schools and Colleges.

MYSORE
22—2—26. *A. Retired Official.*

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8. It dissolves and easily removes flukes of food debris and collection of germs.
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